



INDONESIA **Culinary** **Treasures**





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INDONESIAN CULINARY TREASURES

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Hotel Tugu - Bali



Message

*from the Minister for Culture & Tourism
of the Republic of Indonesia*

In a land inhabited by more than 210 million people of some 485 different ethnic backgrounds, its culinary tradition is bound to be as diverse as its people and culture.

This book celebrates the great culinary diversity of the world's largest archipelago. Inside, you will discover the rich variety of cuisines and traditional dishes that are found from the northernmost tip of Sumatra to the westernmost province of Papua. Each region and every ethnic group has its own distinct cuisine, different in taste, texture, cooking methods and ingredients used.

From our fertile volcanic soil come an abundance of fresh vegetables and luscious exotic fruits that can be made into thirst-quenching drinks and mouthwatering delicacies. In a country where water constitutes most of the territory, seafood is aplenty.

Explore, experience and enjoy unique tastes and delicious dishes as you take a gastronomic journey across this fascinating archipelago. Get to know the people and the country from a different point of view, a much more pleasurable one.

Ir. Jero Wacik, SE



Introduction

Indonesia is the world's largest archipelago comprising some 17,508 islands, situated between the Asian and Australian continents. It is a land abundant in natural richness both on land and in the seas. Rich volcanic soil make for a bountiful harvest of tropical fruits, vegetables, and most importantly, rice, the main staple for a majority of Indonesians. This fabulous tropical setting is home to more than 210 million people of over 485 ethnic groups.

Because of its strategic location on the crossroads of vital trade links, for centuries Indonesia has welcomed merchants, traders, and scholars who have taken root and influenced local cultures. For a long time, the Maluku

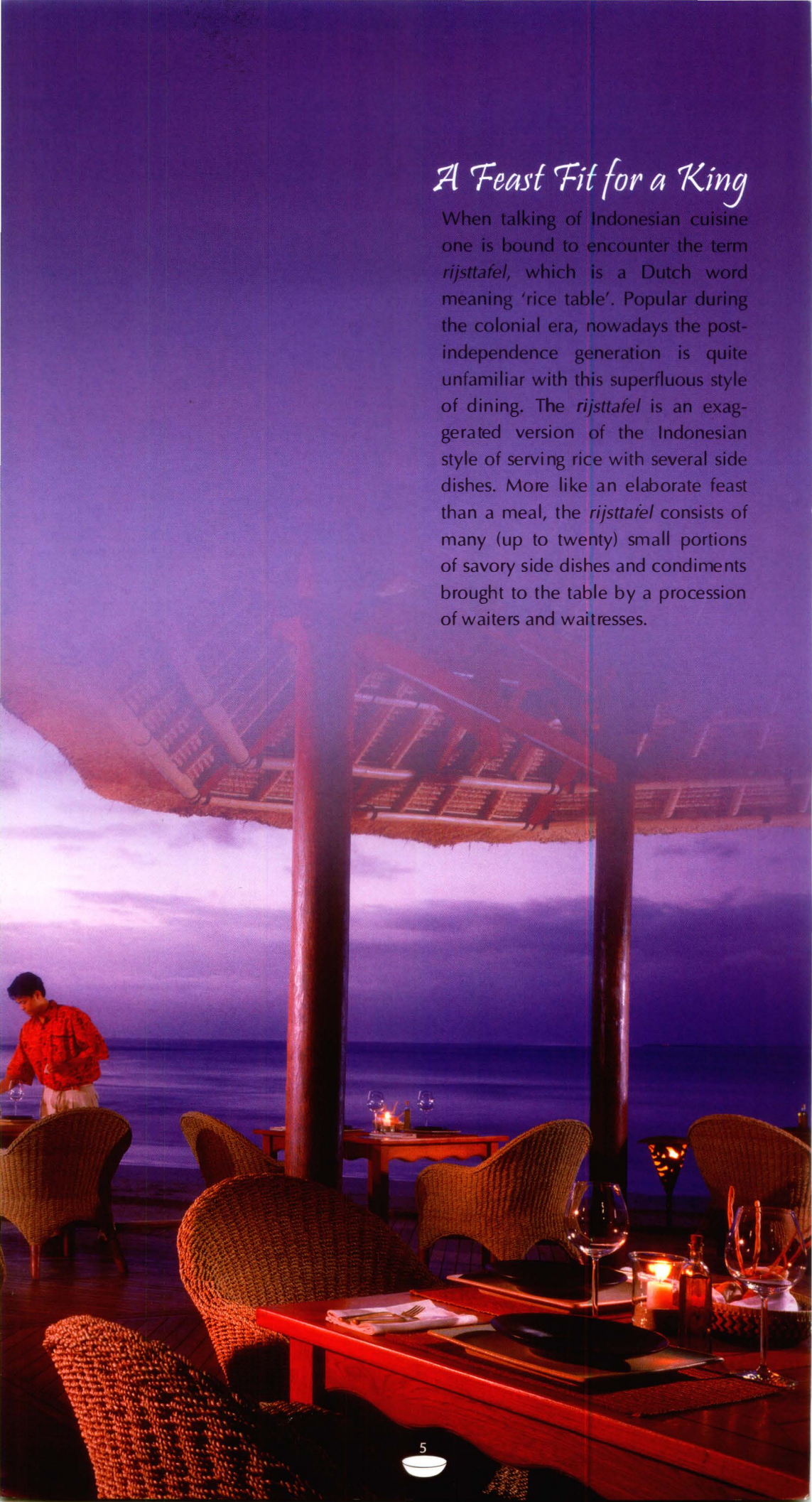
Islands were the world's only source of cloves and nutmeg, famed as the Spice Islands, sought and fought over by the Dutch, Portuguese, and Spanish during the 16th and 17th centuries. Eventually it was the Dutch who won control and established the Dutch East Indies Company. During their three hundred and fifty years of occupation, the Dutch introduced the plantation system and produced sugar, spices, rubber, tea and coffee.

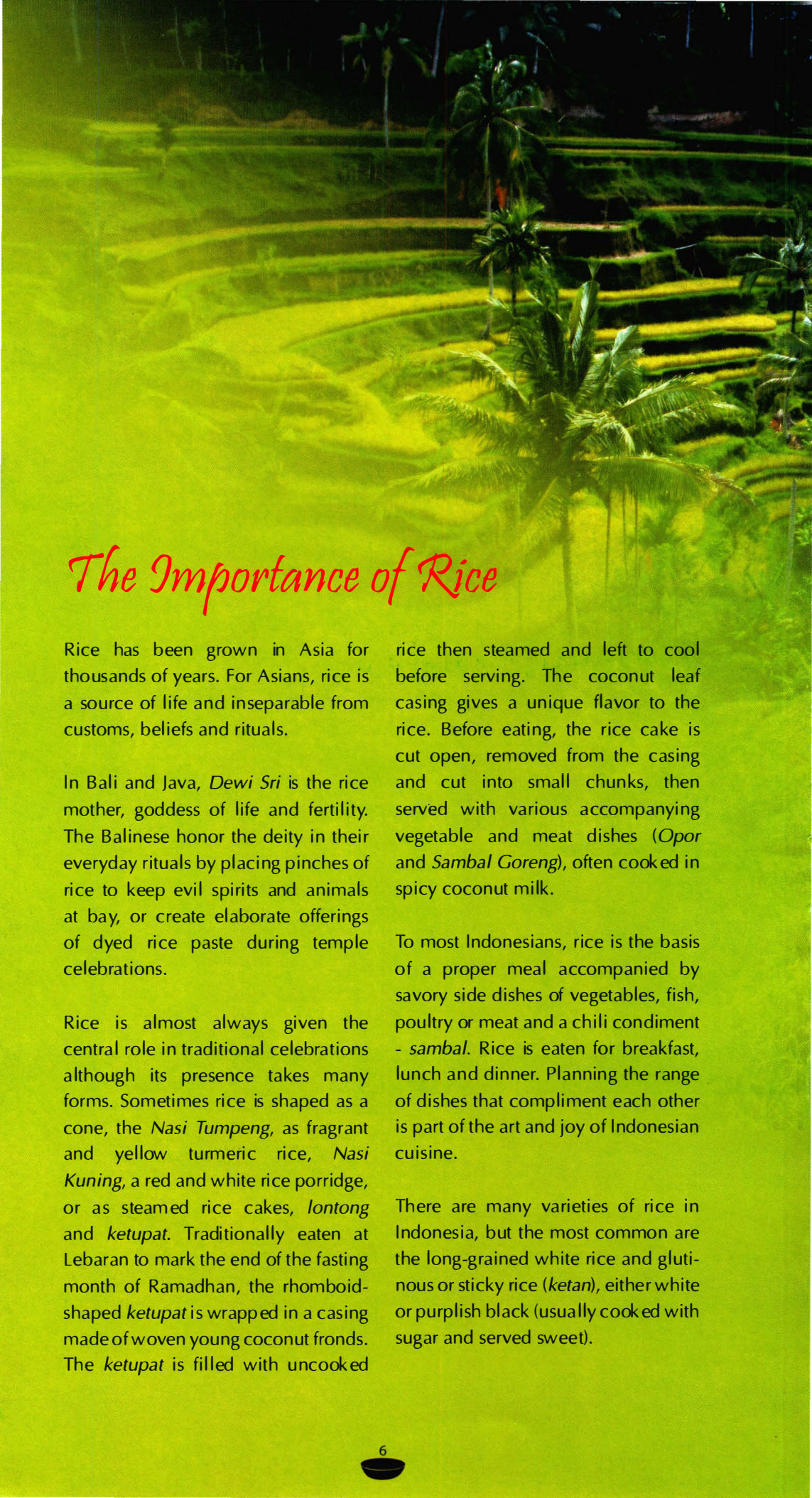
With such diversity, it's not surprising that Indonesia has an incredibly varied culinary tradition with ingredients and cooking styles inspired by Indian, European, Middle Eastern and Chinese traditions.

*Ocean-front dining at
the Four Seasons Jimbaran Bali*

A Feast Fit for a King

When talking of Indonesian cuisine one is bound to encounter the term *rijsttafel*, which is a Dutch word meaning 'rice table'. Popular during the colonial era, nowadays the post-independence generation is quite unfamiliar with this superfluous style of dining. The *rijsttafel* is an exaggerated version of the Indonesian style of serving rice with several side dishes. More like an elaborate feast than a meal, the *rijsttafel* consists of many (up to twenty) small portions of savory side dishes and condiments brought to the table by a procession of waiters and waitresses.





The Importance of Rice

Rice has been grown in Asia for thousands of years. For Asians, rice is a source of life and inseparable from customs, beliefs and rituals.

In Bali and Java, *Dewi Sri* is the rice mother, goddess of life and fertility. The Balinese honor the deity in their everyday rituals by placing pinches of rice to keep evil spirits and animals at bay, or create elaborate offerings of dyed rice paste during temple celebrations.

Rice is almost always given the central role in traditional celebrations although its presence takes many forms. Sometimes rice is shaped as a cone, the *Nasi Tumpeng*, as fragrant and yellow turmeric rice, *Nasi Kuning*, a red and white rice porridge, or as steamed rice cakes, *lontong* and *ketupat*. Traditionally eaten at Lebaran to mark the end of the fasting month of Ramadhan, the rhomboid-shaped *ketupat* is wrapped in a casing made of woven young coconut fronds. The *ketupat* is filled with uncooked

rice then steamed and left to cool before serving. The coconut leaf casing gives a unique flavor to the rice. Before eating, the rice cake is cut open, removed from the casing and cut into small chunks, then served with various accompanying vegetable and meat dishes (*Opor* and *Sambal Goreng*), often cooked in spicy coconut milk.

To most Indonesians, rice is the basis of a proper meal accompanied by savory side dishes of vegetables, fish, poultry or meat and a chili condiment - *sambal*. Rice is eaten for breakfast, lunch and dinner. Planning the range of dishes that compliment each other is part of the art and joy of Indonesian cuisine.

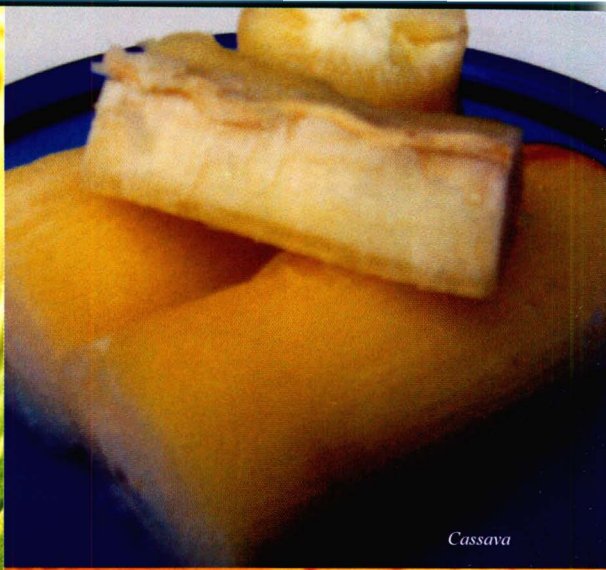
There are many varieties of rice in Indonesia, but the most common are the long-grained white rice and glutinous or sticky rice (*ketan*), either white or purplish black (usually cooked with sugar and served sweet).



Nasi Tumpeng



Corn



Cassava



Papeda

The Preferred Staples

In some parts of the archipelago, sago, corn or cassava is the main item in a meal. Maize or corn kernels are removed from the cob, pounded into coarse corn meal. Water is added to form a chunky porridge which is then steamed till it becomes like breadcrumbs in texture. In certain dry regions of Java, *tiwul*, made from cassava, replaces rice. *Tiwul* is made by slicing then drying cassava in the sun until they harden and become

what is now called *gaplek*. The dried *gaplek* is then pounded into tapioca flour then cooked to make the crumbly *tiwul*.

In Maluku and Papua, the traditional staple is *papeda* - a gluey starch made from grated and pounded sago palm trunk. The gluey sago starch can also be baked into mounds of dried sago bread. The sago bread is soaked in water before preparation.



Enjoying an Indonesian Meal

The main meal is usually prepared mid morning then reheated for lunch and dinner. Indonesians commonly eat with a spoon in the right hand and fork in the left hand, although in many parts of the country, such as West Java and West Sumatra, or depending on the type of meal, it is also common to eat with one's hands, the right one that is. The left is considered unclean used only in ablutions. A bowl of water is usually put on the side to wash one's hand before and after eating. Chopsticks are offered when eating noodles or at a Chinese restaurant. *Selamat makan!*

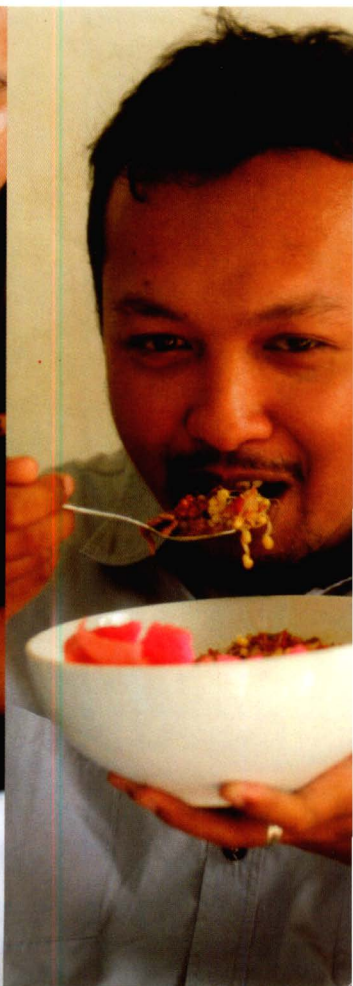
Eating with chopsticks



Eating with one's hand



Eating with a spoon





A hawker selling cool iced drinks

Hawker Food and Mobile Delights

No matter in which town or village you are in the archipelago, one thing's for sure, you'll never go hungry. Itinerant food vendors pushing carts, riding bicycles or motorcycles wander in and out of residential areas hawking all kinds of food from daybreak till late at night.

Throughout the day a procession of hawkers will pass by calling out his wares and make their own distinctive calls to attract customers. For example, the bread seller usually

sound horns or play a short jingle, the *bakso* or meatball soup seller hits the side of his soup bowl, the *mie ayam* (noodle with chicken) is announced by knocking on wooden block, while the fried rice vendor will bang on his metal wok.

The time of day dictates what kind of meal will pass by. In the morning, there are the mobile bakeries selling sweet and savory breads. For a hearty breakfast, choose either *bubur ayam* (chicken porridge), *bacang*, *lontong*

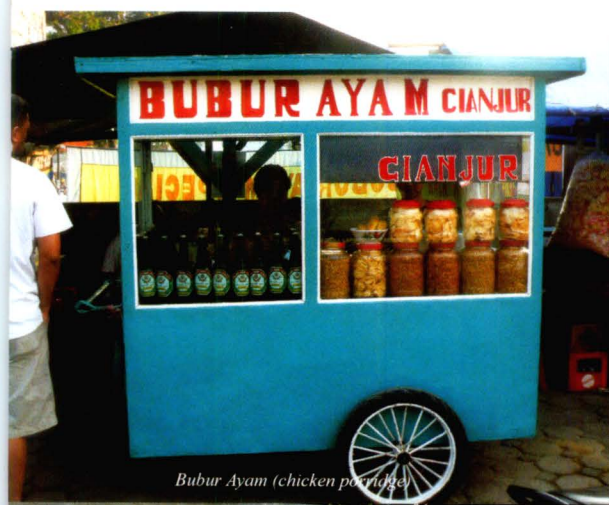


(rice cakes), *bubur kacang ijo* and *ketan item* (sweet mung pea porridge with black sticky rice), or *ketoprak* (rice cakes with bean sprouts, vermicelli and peanut sauce). As the day progresses, there's *mie bakso* (noodle and meatball soup), *mie ayam* (noodle with chicken), Chinese buns (*Bakpau*) and *gorengan* (fried fritters) sold in carts pushed by hawkers. In the evening, the popular skewered meat or satays can be grilled right at your doorstep, while other hawkers fry rice or noodles in oversized woks, serving them complete with egg, pickles and *krupuk* (crackers).

But it's not all food that goes around. Other hawkers specialize in drinks and thirst quenchers, from ice cream, shaved ice with tropical fruits - sweetened with pink rose syrup, palm sugar syrup or condensed milk - to

warm, ginger-flavored *sekoteng* to ward away the chill of the night.

The hawker life gives the term eating out a whole new meaning. Eating out or *jajan* does not necessarily mean going out and eating in restaurants. Rather, it usually means buying cooked meals that, more often than not, come to you.



Bubur Ayam (chicken porridge)



Dawet Cendol Banjarnegara



Ketoprak



Rujak

All About Rice

Besides the conventional meal of rice and side dishes, *nasi goreng* (fried rice) and *Nasi Rames* are two popular rice meals that are considered a meal in its entirety. *Nasi Campur* or *Nasi Rames* is a plateful of rice with small portions of vegetables, meat, poultry and fish dishes cooked in the regional style. There are countless varieties of *Nasi Rames* throughout Indonesia, each with their unique choice of

accompanying dishes, serving suggestions and flavors. In some cases, *Nasi Rames* may be wrapped in banana leaves, rich in coconut milk, and can be spicy, savory or sweet. But often there is that particular item that gives it its regional character. These 'one dish meals' may be simpler and more convenient but it is by no means less enjoyable, and here are some of the most popular:



Nasi Timbel



Nasi Goreng

Nasi Goreng

This is one of Indonesia's best known dishes and found all over the archipelago. There are countless ways of making *nasi goreng* (translated as fried rice). The very basic is exactly that, fry plain white rice with chili and soy sauce to give color. The more lavish version uses a spice paste, is flavored with prawns, chicken, and accompanied by fried egg, sate and prawn crackers. A versatile dish that only takes a short time to prepare, *nasi goreng* can be eaten any time of the day.



Nasi Uduk

Nasi Uduk, Jakarta

Nasi Uduk is a Betawi-style steamed rice dish cooked in coconut milk and fragrant with the smell and flavor of lemongrass as well as a handful of spices such as cloves (*cengkeh*), cinnamon (*kayu manis*), galangale root, and ginger (*jahe*). *Nasi Uduk* is often served with fried tofu and *tempe*, fried chicken, Indonesian style beef stew (*semur*), raw vegetables and *sambal*. Like *nasi goreng*, *Uduk* is eaten for breakfast, lunch or supper.





Nasi Timbel



Nasi Lengko

Nasi Timbel, West Java

This is typically a Sundanese way of serving rice. *Nasi Timbel* is basically cooked plain white rice rolled in banana leaf to give it its fragrant smell and distinct flavor. This method originated with farmers who used to bring their lunch to the paddy fields wrapped in banana leaf to save from having to bring plates and cutlery. *Nasi Timbel* is usually served with deliciously fresh accompaniments and condiments, such as deep-fried crispy fried chicken, freshwater or salted fish, fried *tempe* and tofu, raw or steamed vegetables and sambal.

Nasi or Sega Lengko Cirebon, West Java

Nasi Lengko comes from Cirebon. Full of proteins and fibers, this is a vegetarian dish that is still wholesome and tasty. It consists of cooked white rice (steaming hot the better), covered with chopped, fried *tempe* and tofu, boiled bean sprouts, chopped cucumber, chives and fried shallots. The final touch is a generous dressing of peanut sauce and soy sauce.

Nasi Bogana Tegal, Central Java

From Tegal, Central Java, *Nasi Bogana* is a rice dish consisting of plain white





Nasi Gudeg



Nasi Langgi

rice, *opor ayam* (chicken cooked in coconut milk), sweet beef jerky, boiled egg, spicy fried tempe and stir fried green beans. The rice is pleasantly fragrant thanks to the banana leaf wrap.

Nasi Megono **Pekalongan, Central Java**

Nasi Megono's distinct taste comes from the shredded young jackfruit tossed with spicy grated coconut. Other accompaniments include fried chicken or *empal* (fried beef), *sambal tauco* (fermented bean paste with sliced green and red chilies) and *tempe* cooked in coconut milk (*terik*).

Nasi Langgi **Semarang, Central Java**

Nasi Langgi is a wholesome dish that shows off a harmonious balance of salty, sweet and hot, spicy flavors. This rice plate comes with small portions of *terik daging* (sweet beef curry), *orek tempe* (stir fried tempe with soy sauce), *perkedel* (potato cake), cooked vegetable pickle and sliced omelet. The usual condiments are *sambal*, and *serundeng* (spiced coconut with peanuts).



Nasi Liwet

Nasi Liwet Solo, Central Java

Like the *Uduk*, *Nasi Liwet* is savory rice cooked in coconut milk, but flavored with slightly different spices which gives it an entirely different character. It is served with *sayur labu siam/papaya* (curried squash or young papaya), strips of chicken, boiled egg, tofu and *tempe* cooked with palm sugar and topped with thickened coconut milk. In its home town of Solo, Central Java, *Nasi Liwet* jumpstarts your day, sustains you in the afternoon and gives comfort in the evening. They are commonly sold in cozy *lesehan* sidewalk stalls (where people sit on mats).



Nasi Campur Bali

Nasi Campur Bali, Bali

Nasi Campur Bali usually incorporates tofu, *tempe*, spicy chicken (*ayam*) with a wide selection of cooked vegetables. Never forgotten are *Sate Lilit Ikan* (fish kebab) and *sambal matah*.



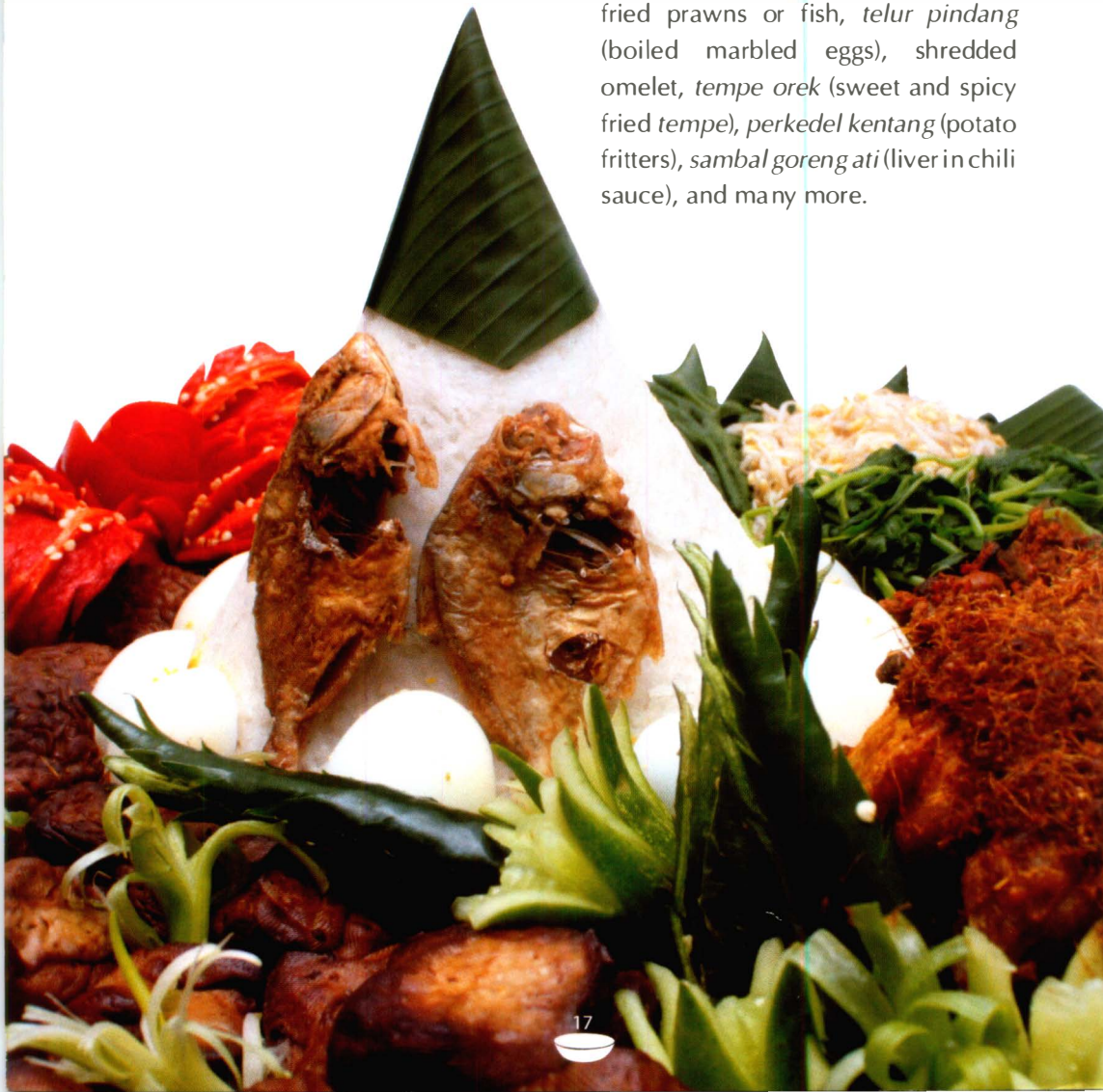
Nasi Kapau, West Sumatra

Nasi Kapau is a form of mixed rice from the Kapau Region in West Sumatra. Kapau cuisine uses generous amounts of thick coconut milk and ingredients that come from various parts of the buffalo or cattle. In *Nasi Kapau*, plain white rice is served with *sambal* and a variety of curry-like stews, such as a vegetable stew of jackfruit, long beans, cabbage, bamboo shoots, fern and *jengkol* (*cubadak*), curried *tunjang* (buffalo tendon), buffalo meat stew, *gulai tambunsu* (stuffed intestines), eel, brain, *kikil* (cattle feet), etc.

Nasi Tumpeng, Java

Nasi Tumpeng is traditionally the central feature in *selamatan* or communal feasts. This style of serving rice originated in Java but has now been embraced by cultures all over the archipelago. *Tumpeng* is a cone-shaped rice (made by using a cone-shaped woven bamboo container) and surrounded by an assortment of dishes.

The rice could be plain white rice, savory *uduk* rice, or fragrant yellow turmeric rice. The most common dishes accompanying the *tumpeng* are *urap* (boiled vegetables with tossed with shredded coconut), fried chicken, *teri kacang* (anchovy with peanuts), fried prawns or fish, *telur pindang* (boiled marbled eggs), shredded omelet, *tempe orek* (sweet and spicy fried *tempe*), *perkedel kentang* (potato fritters), *sambal goreng ati* (liver in chili sauce), and many more.



Rice and Rituals

Most Indonesian now acknowledge the significant role of *Nasi Tumpeng* as a token of thanksgiving. During anniversaries, inaugurations, graduations, or as a substitute for a birthday cake, the ceremonial cutting of the *tumpeng* signifies gratitude for God's grace and all who attend the celebration. One of the most well-known ceremonies that feature *tumpeng* is *Grebeg Maulud* held by the royal palaces of Cirebon, Surakarta and Yogyakarta. Huge mounds of rice are decorated with colored eggs and vegetables and carried in procession from the palace to the mosque. People are then allowed to scramble and get a piece off the mound, which they believe will bring them good luck in the coming year.







What Goes in the Pot?

To those newly acquainted with Indonesian cooking, recipes seem a complicated and confusing mélange of unfamiliar herbs, spices and seasoning (bumbu). In fact, once you get to know them, they are made up of several essential ingredients that crop up in nearly every dish, and are widely available.

Add a bit of heat

There are several types of chilies used, (called *cabai* / *cabe* or *lombok*) each with their distinct flavor. There are the green chilies, the unripe fruit; the red chilies, the ripened version; *cabe keriting*, curly, slimmer and hotter, and *cabe rawit* or bird's eye chilies.

Spice up your life

The essential ingredients in the spice paste in most Indonesian dishes are *bawang merah* (shallots), garlic, and an array of rhizomes, seeds and nuts: turmeric (*kunyit*) usually to give a vivid yellow color, galangal (*laos*), ginger (*jahe*), *kencur*, *kunci*, black or white

pepper (*lada hitam*, *lada putih*), candlenut (*kemiri*), cardamom (*kapulaga*), coriander (*ketumbar*), nutmeg (*pala*), cloves (*cengkeh*), star anise (*bunga lawang*), cumin (*jinten*), cassia bark (*kayu manis*).

Kitchen fragrance

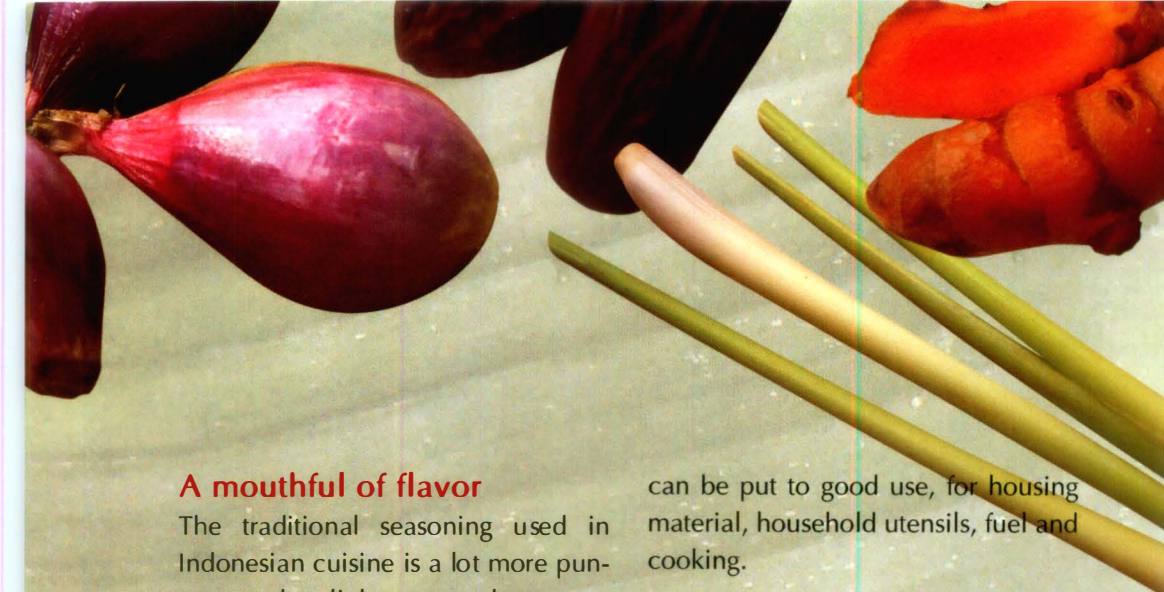
Several distinct flavors in Indonesian dishes are derived from fragrant leaves, such as *daun salam*, *daun jeruk* (the leaves of the kaffir lime), *pandan* and lemongrass (*serai/sereh*).

Sour up

Several plants or parts of plants are used to give a sour tang to some dishes, such as tamarind (*asem Jawa*); sour carambola (*belimbing wuluh*), the juice from several types of lime: *jeruk nipis* and *jeruk limau*.

Life is sweet

Apart from sugar cane, Indonesians use a variety of sweetening agents. *Gula merah*, *gula Jawa* or *gula aren* is made from juice produced by the palm or *aren* tree, added to balance savory dishes and sweeten desserts when used in conjunction with cooked coconut milk. The thick dark soy sauce (*kecap manis*) also gives sweetness to dishes. The lighter colored *kecap*, on the other hand is used to add saltiness.



A mouthful of flavor

The traditional seasoning used in Indonesian cuisine is a lot more pungent and a little goes a long way, among them are shrimp paste (*trasi*), always cook before adding to cooking; tiny dried prawns (*ebi* or *rebon*), soak before use; and the black shrimp paste (*petis*) that is popular in East Javanese cuisine.

Garnishes

To add flavor and the finishing touch to various dishes are several ingredients. Indonesians sprinkle on coarse chives (*kucai*), spring onions (*daun bawang*), and fried shallots (*bawang goreng*).

Coconut, the tree of life

The coconut plant holds a lot of significance to Indonesians. In fact it is the symbol of the Indonesian Scout Organization. It is considered a source of life as nearly all parts of the plant

can be put to good use, for housing material, household utensils, fuel and cooking.

Indonesian cuisine has a wide ranging use for the *santan* (coconut milk). The grated flesh of the coconut is often added to food, or squeezed with water to make coconut milk. The clear juice of the coconut is also sometimes added during the cooking process to add flavor. Some of the popular *santan*-based dishes are *rendang*, *soto Betawi*, *sayur lodeh*, *opor ayam*, *urap*, *serundeng* and even snacks and desserts, such as *es cendol*, and *es doger*.



Tasty and Wholesome

A Javanese invention, *tempe* is compressed and fermented soy bean cake, delicious and high in protein. Another soy bean creation is *tahu*/tofu or beancurd which was introduced by the Chinese. *Oncom*, the pulpy leftover obtained during the *tahu*-making process is similar to *tempe* but produces a different fungi and is essentially a West Javanese creation.

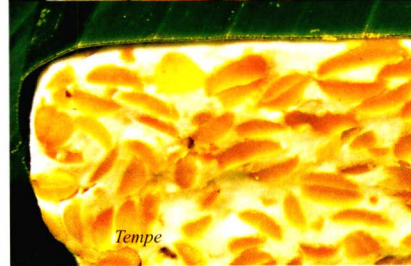
Noodles were introduced by the Chinese but are now such a part of Indonesia cooking that they have become everybody's favorite. There are the yellow egg noodles (*mie basah/kering*), vermicelli (*bihun*) made from rice paste, *soun* made from mung bean flour and *kwetiau*, the flat noodle.



Tahu



Oncom



Tempe





*Delicacies
of the Archipelago*



SUMATRA



SUMATRA

The vast island of Sumatra is full of tastes and flavors that are predominantly influenced by Middle Eastern and Indian cuisine. In Indonesia's northernmost province, Aceh, for example, a popular noodle dish called *mie Aceh* incorporates a little bit of something foreign but comes out as totally Acehnese. This dish is richly flavored with cumin, cardamom, turmeric, shallots and garlic. Yellow, soba-like noodles are fried together with cabbage, spring onions, tomatoes, bean sprouts and a choice of either goat meat, beef or prawns, then seasoned with sweet soy sauce. The dish is garnished with emping (gnetum seed crisps) and pickled cucumber. The end-result is a mouthwatering dish bursting with Middle Eastern, Indian and Southeast Asian flavors. Other dishes, such as *roti jala* and *roti cane*, are of Indian origin and

common in countries with a large Indian population, such as Singapore and Malaysia, yet have been widely acknowledged by most Indonesians as being a specialty of Aceh.

One of the most well-known Sumatran cuisine comes is *Masakan Padang* which literally means 'Padang food' but in fact refers to generally all kinds of dishes from West Sumatra, not just exclusive from the city of Padang. If you see restaurant windows displaying shelves stacked with platefuls of meat, eggs and vegetable in thick coconut sauce, that's a sure sign there's Padang food to be had. Restaurants serving this type of cuisine are called *Rumah Makan Padang*. Apart from serving delicious spicy dishes, usually an all male staff has a unique way of serving food that is quite an attraction in itself. A waiter brings out dish after dish, carrying them with both hands



Padang cuisine

and on the length of both arms, then lays them all out on the table. You then choose the dish you prefer and only pay for what you eat.

Padang food is fiery hot and rich in spices of ginger, cloves, galangal, turmeric, nutmeg, candlenuts, and turmeric leaves. The Padang kitchen favors buffalo meat (and many other parts of the animal), chicken and freshwater fish. Vegetables are usually cassava leaves, cabbage, long beans, fern tips and eggplants. Ingredients are usually slowly cooked in thick coconut milk.

Some of the well-known dishes from West Sumatra are *Nasi Kapau*, *den-deng balado*, *rendang daging*, *Soto Padang*, *ayam Pop*, *ikan bakar*, *ayam bakar*, *gulai kepala ikan kakap* (fish-

head curry), and *sate Padang*. *Sate Padang* is West Sumatra's version of the infamous satay. The meat is usually beef or goat offal boiled in spicy broth then grilled. Instead of the usual peanut and soy sauce, the dish is lavishly drenched in a spicy yellow sauce made from rice flour mixed with spicy offal broth, turmeric, ginger, garlic, coriander, galangal root, cumin, curry powder and salt. The most well-known variants come from Pariaman and Padang Panjang, which are essentially different in the composition of their yellow sauces.

Another famous culinary export from Sumatra is food from Palembang, South Sumatra. In contrast to the meat-based dishes of Padang and the surrounding regions, southern Sumatra cooking make use of



Salai Ikan Padang



Mie Aceh



Dendeng Batokok



Sate Padang



Pempek Palembang



Tempoyak

freshwater fish which explains why the most dominant flavor here is sour tangy taste to lessen any fishy taste or smell.

Cooking methods reflect Chinese influences in that they are simpler, quicker and use a liberal amount of garlic. Palembang's most famous culinary delight is *pempek*, which is

basically deep-fried fish dumplings served with sweet and sour sauce.

There's one item that is unique to the South Sumatran kitchen, the *tempoyak*. Treated like the Javanese shrimp paste, *trasi*, *tempoyak* is a seasoning made from fermented *durian* meat that gives off a pungent flavor and aroma.

One Flavor Makes a World of Difference

Often, regional cuisines are flavored by ingredients that distinctly unique to their culinary traditions. One ingredient that was part of the traditional Acehnese kitchen is hemp, although now its use has been strongly discouraged. Also from the northern region, Batak cuisine is dominantly flavored with *andaliman*, a tiny berry-like plant with a sharp taste, not quite as hot as chillies.



JAVA

The island of Java is divided into four provinces; Banten, West Java, Central Java, East Java, and the two Special (administrative) Regions of Jakarta and Yogyakarta.

The cuisine of the Betawi of Jakarta is a mixture of flavors drawn from the surrounding regions, particularly from the Sundanese and Javanese. Betawinese dishes are savory with a hint of sweetness usually from sweet soy sauce. A typical Betawinese fare is *gado-gado* (boiled vegetable with peanut sauce) and its variant the *ketoprak*, *ketupat sayur* Betawi (vegetable soup in coconut milk with rice cakes), *Nasi Uduk*, *kerak telor* (sticky rice cooked with egg), and *soto Betawi*. The latter is a rich soup made of beef broth thickened with coconut milk, flavored with spices and herbs, with slices of beef offal, tomato and fried potato as garnish.



Gado-gado



Ketupat Sayur





Pepes Ikan



Ketoprak

The coastal province of Banten is famous for its *sate bandeng*. This is satay is made from boneless “*bandeng*” (milkfish). The meat of the fish is separated from the bones and blended with spices before being placed back into the milkfish’s skin. After the meat is clipped between a split bamboo stick, it is grilled or smoked over charcoal.

The Sundanese of West Java love raw vegetables (*lalab*) eaten with prawn and chili paste (*sambal*). A typical Sundanese meal usually consists of

deep-fried freshwater fish, salted fish or steamed fish wrapped in banana leaves (*pepes*) and a sweet and sour vegetable soup (*sayur asam*). Cirebon, on the border between West and Central Java, shows a brand of cuisine that reflects its location. One of its famous foods is a snack made of fried *tahu* and served with a strong garlic-flavored sweet sauce, called *tahu gejrot*.

Central Javanese cuisine is a subtle blend of sweet and hot flavors thanks to a liberal use of palm sugar com-

Sayur Asem





Tempe Mendoan



Rujak Cingur

bined with bird's eye chillies. Some of the most famous dishes from the region are *tempe mendoan*, *Nasi Liwet*, *tengkleng* and *gudeg*.

Gudeg is a specialty of Yogyakarta, made from young jackfruit cooked in coconut milk and *gula Jawa* (palm sugar). The dish requires very slow cooking, up to several hours using a clay pot until the ingredients become very tender. Several *jati* (teak) leaves





are added to give the jackfruit its reddish chocolate color. The accompanying dishes are also cooked in a similar way, including chicken, boiled egg, *tahu* and tempe. To balance the sweetness, there's the spicy *sambal goreng krecek* or buffalo skin.

Many East Javanese dishes use *kluwek* and *petis*. The former is the fruit of the *kepayang* tree that gives dishes their black color and distinct flavor, such as in *rawon*, a rich beef soup, while *petis* is a dark shrimp paste. One of its most famous dishes that may not

Peanut Sauce

One element that is characteristic of the cuisine in Java is the widely used *bumbu kacang* (peanut sauce); in *sate*, *gado-gado*, *karedok*, *ketoprak*, *pecel*, to name a few. It can be mixed with meat or vegetables or simply used as dipping sauce, such as *sambal kacang* for *otak-otak* (grilled minced fish in banana leaf), *lumpia* (spring rolls), *ketan* (steamed sticky rice) or *Nasi Uduk*.

Indonesian peanut sauce is a delicate balance of tastes that blends and adapts itself to the various ingredients it complements. The basic ingredients for peanut sauce are fried peanuts, *gula Jawa* (palm sugar), garlic, shallot, ginger, tamarind, lemon juice, lemongrass, salt, chili, pepper, and ground together then mixed with water to acquire the right texture. Peanut sauce must not be too thick or too runny.



Ketoprak



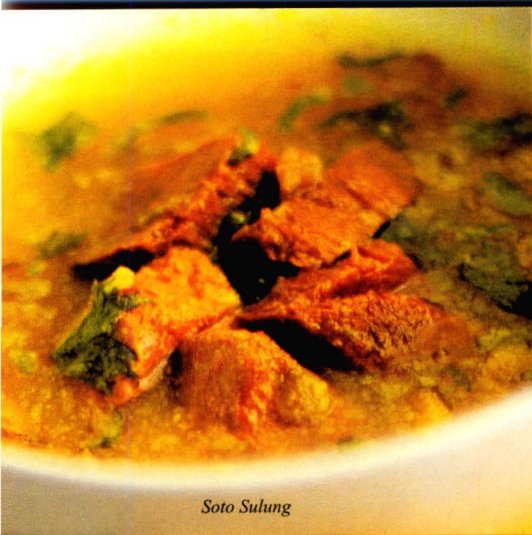
Gado Gado



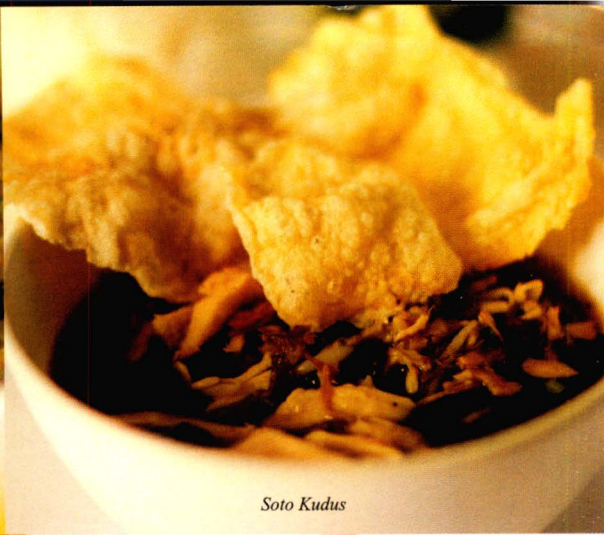
Nasi Rawon

suite all palates is *rujak cingur*. This is a salad of boiled vegetables and *tahu*, tossed with chopped *cingur* or cow's nostrils and dressed with *petis* sauce and fried shallots.

Despite each region having their own distinct type of cuisine, there are some dishes that basically the same but having in their own regional variation, such as the *soto*. *Soto* is a soup mainly composed of broth, meat and vegetables. The soup is usually accompanied by rice or rice cakes (*ketupat* or *lontong*). The wide variety of *soto* is commonly differentiated by



Soto Sulung



Soto Kudus



Soto Madura



Soto Padang



the meat ingredient in them, for example *soto ayam* is garnished with slivers of chicken while *soto daging* has chunks of beef in it. Offal is a very common ingredient in *soto Betawi*. *Soto* spices include the shallot, garlic, turmeric root, galangal, ginger, coriander, salt and pepper.

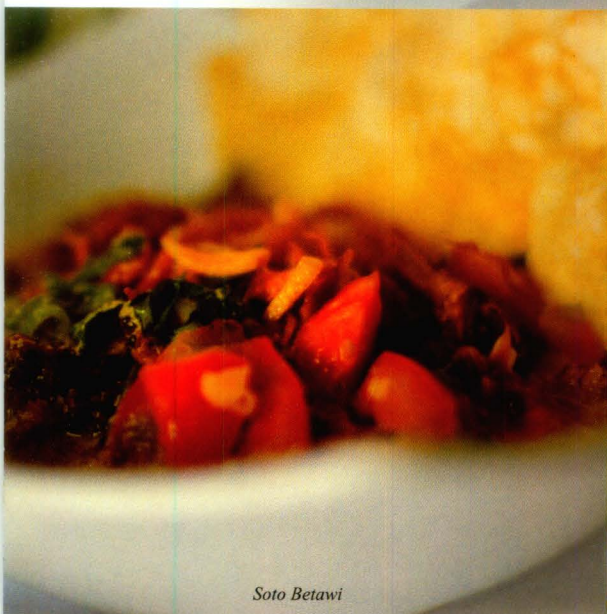
Common garnishes of the *soto* are *sohun* (rice vermicelli), bean sprouts, sliced boiled eggs, chopped spring onions and Chinese celery. *Soto* is usually eaten with potato cakes (*perkedel*), shrimp crackers (*krupuk udang*) or gnetum seed crisps (*emping*).



Soto Banyumas



Banjar



Soto Betawi



Soto Daging

There are dozens of varieties of *soto*. But the basic element is the clear broth infused with the fragrant smell of lemon grass and lime leaves. The following are the most commonly found throughout Java: *soto Betawi*; *soto Bandung*, a clear beef soto with slices of white radish; *soto Madura*; *soto Sulung*; *soto Ambengan*; *soto Lamongan*; *soto Semarang*, a chicken soto eaten with *sate kerang* (skewered cockles); *soto Kudus*, made with water buffalo meat; *soto Pekalongan*, spiced with *tauco* (a fermented soy bean paste); and *soto Banyumas* or *Sroto Banyumas*, made special by its peanut sambal.



BALI & Nusa Tenggara



Ayam Betutu





Jimbaran grilled king prawns

BALI & NUSA TENGGARA

The Balinese are adherents of Hindu Dharma or the Hindu Bali religion. Their daily life is one continuous series of rituals and ceremonies in which food is a constant feature, as offerings to the deities or part of the communal feast. As the majority of Balinese are Hindu, Balinese cooking seldom use beef, instead preferring pork, chicken and duck. For a region that is encircled by the sea, fish is not a dominant factor in Balinese cooking. This has to do with the traditional Balinese concept that regards the sea as a place where negative forces dwell. On the other hand, spices are never used sparingly; even the



Sayur Udang



A Balinese repas

homely boiled vegetable salad is flavored with a handful of spices. The Balinese believe that certain spices have qualities that can cleanse the body. Lime, chili, and salt are considered natural antibiotics.

One of the most famous dishes in Bali is *bebek betutu* or roast duck although the Balinese people themselves may only cook it for a special occasion as it's not really an everyday dish. Similarly is the Balinese roast suckling pig. A whole duck is rubbed with spices then stuffed with boiled cassava leaves, steamed and roasted. Another tasty duck dish is *bebek menyatnyat* or duck curry.

Another typical Balinese fare is *lawar*. The basic ingredients for *lawar* are *kencur*, shallots, garlic, and shrimp paste. These ingredients are tossed with grated coconut, coarsely chopped young jackfruit, long beans, unripe papaya and slivers of meat. Sometimes chicken, duck, pork, turtle meat and even dragonflies are added. Some *lawar* has raw blood mixed with it but nowadays people prefer their *lawar* vegetarian.

Bali also has its own version of *sate* or satay that is also served in ritual and traditional ceremonies. *Sate lilit* is either duck meat or fish meat blended with spices and coconut flesh, then

molded on lemon grass and grilled. In fact, *lilit* means to wrap around.

Bali's next door neighbor is Lombok in West Nusa Tenggara. Following the steps of its illustrious neighbor, Lombok is fast becoming a fascinating holiday destination and the people, culture and food are gaining recognition. Although outwardly Lombok's culture and traditions show a resemblance to Bali, the influence from the indigenous Moslem Sasak gives the local food its distinct character. Lombok cuisine feature chicken, fish and vegetables, never pork.



Bebek Bengil



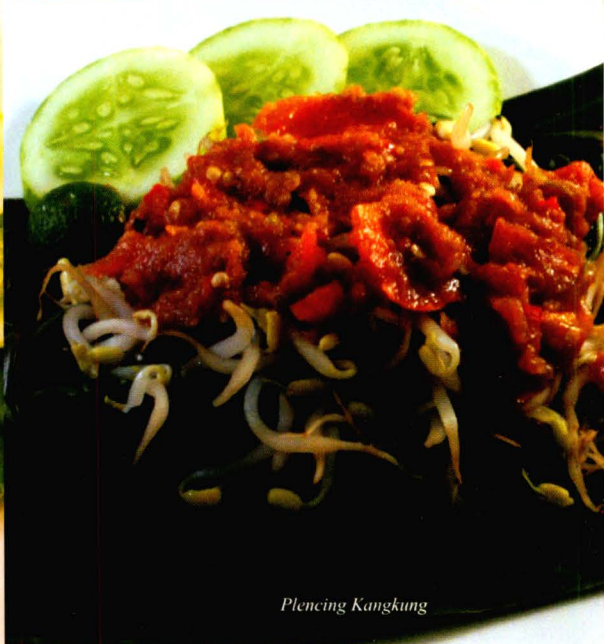
Sate Lilit



Ayam Taliwang



Tempe Penyet



Plecing Kangkung

A visit to Lombok will not be complete without tasting the local grilled chicken or *ayam Taliwang*, accompanied with side dishes such as *plecing kangkung*, water convulvulus with tomato-chili relish, *beberuk* (eggplant in chili

sauce) and a spicy coconut-milk sauce. Lombok's *Sate Ampet Sasak* is an indigenous specialty featuring highly seasoned meat, beef heart and beef liver.



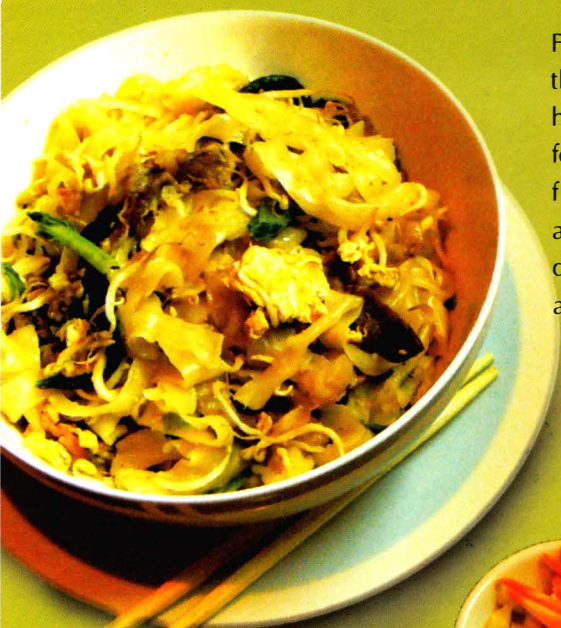
Balinese Festive Fare

Bali's ceremonial food in Bali is a feast for the gods. Food is beautifully prepared as offerings to gods and spirits, especially to the rice goddess (*Dewi Sri*) for a successful crop, combining colored rice cakes with tropical fruits. Preparations are a community effort and both men and women have their duties and part to play. When the food has been prepared it is divided into portions; some are laid out as an offering to the Gods, the rest to be enjoyed together. Some rice dishes, like the *Nasi Kuning* and *Nasi Yasa* are usually served for special occasions, such birthdays and thanksgiving ceremonies, or served as a ritual in religious ceremonies.



KALIMANTAN

Food from Kalimantan is similar to the Javanese in taste; savory with a hint of sweetness. As a region known for its rivers, locals make the most of fresh fish and prawns in their cooking, although there are many chicken dishes (free-range or *kampung*) from all over the island.



Kwetiau Pontianak



Pontianak in West Kalimantan has a large Chinese population and this has greatly influenced local cuisine, such as *Kwetiau Sapi*, which is a dish of wide flat noodles mixed with beef, tripe and bean sprouts. The Banjar in the south are famous for savory soup, *soto Banjar*. This spicy aromatic soup flavored with cardamom and lemon-grass is served with *ketupat* (rice cakes), potato cakes and sour, hot *sambal*.



Soto Banjar

Pasar Apung (Floating Market)

The provincial capital of South Kalimantan, Banjarmasin is a bustling trading city criss-crossed with many waterways fed by the Barito River. The river is a way of life for the people of Banjarmasin with houses constructed on poles and connected to each other by wooden walkways. On the mouth of the Barito is Kuin River where farmers and traders bring their goods to trade on boats,

known as jukung, every morning. Selling fruits, vegetables, traditional snacks and beverages, they provide a glimpse of the kind of life the locals live. Early mornings are the best times to take in amazing sights, sounds and smells of the Kuin floating market near the Trisakti Harbor. Activities begin just before daybreak and lasts until about eight in the morning.



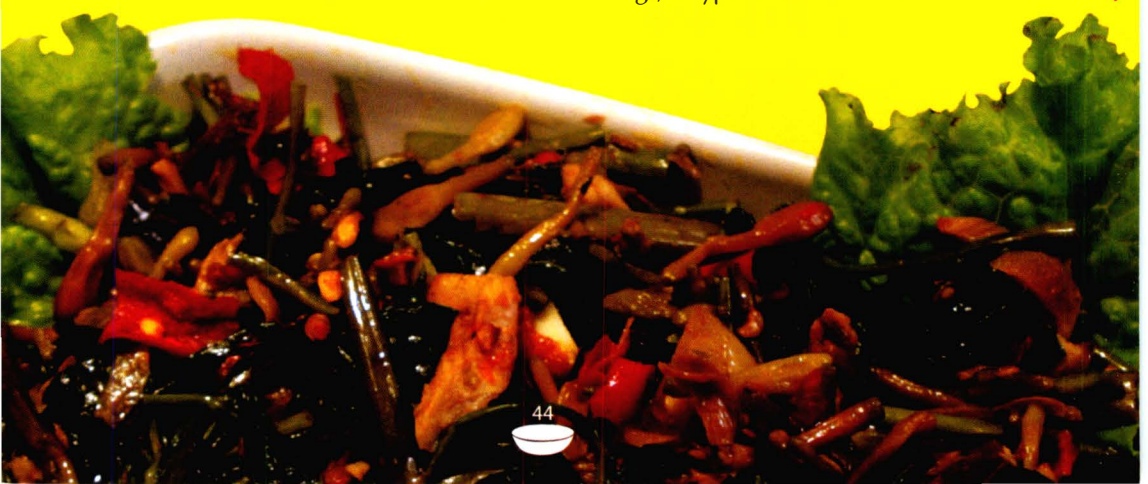


SULAWESI

With kilometers and kilometers of coastline, Sulawesi is renowned for its fish. Seafood from the northern regions of Sulawesi is considered top quality and fish like tuna is found in many delicious forms, grilled and covered with hot, spicy relish (*sambal dabu-dabu*), or in tangy, fresh soup. Manadonese cuisine is largely influenced by the Chinese and the Dutch. Many popular cake recipes were handed down from the colonial

times, hence the Dutch names, *klapertaart* (coconut pudding) and *ontbijtkoek* (spiced flavor tea bread).

A local delicacy that has spread to other islands in Indonesia is a rice porridge dish called *bubur Manado* or *bubur Tinotuan*. This hearty meal is filled with chunks of pumpkin, corn kernels, and greens, such as water convolvulus or spinach, and *kemangi*, a type of basil. Locals serve



the dish with condiments, such as *sambal bakasang* (like *trasi* but in liquid form, made from the fish's stomach) or *sambal roa* and side dishes of fish, anchovies or salted fish.

Further south, the Makasarese are known for their grilled fish, beef spare ribs, and hearty beef soups, of course with beef spare ribs as its main ingredient, called *konro Makassar* (spicy spare rib soup). For the more adventurous, there's the local version of *soto*, *coto Makassar*. Offal is the main ingredient mixed with beef and this spicy soup is eaten with rice cakes and *sambal tauco* (fermented soy bean). Traditionally, *coto Makassar* is cooked in a clay wok called *korong butta* or *uring butta* and seasoned with *rampah patang pulo* (40 kinds of seasonings).



Pepes Tuna



Sayur Rebung



Coto Makassar



Corn fritters



Ayam Woku Manado

MALUKU & PAPUA

For centuries, the Maluku Archipelago was known as the Spice Islands, where the world's only sources of nutmeg and cloves were produced. Today, Maluku cuisine still shows hints of their rich history, such as the nutmeg-flavored fish soup.

Situated between Sulawesi and Papua, Maluku shares many similar tastes with its neighbors, such as the popular fish, grilled or wrapped in banana leaf, *sambal bekasang*, *colo-colo*, tangy fish soup and of course the main staple of the region, sago.





Maluku delicacies

Maluku and Papua are the two regions in the archipelago which have sago as their main staple. Sago flour is cooked to form a gluey mass, called *papeda*. *Papeda* is usually eaten with a tangy, clear yellow fish soup that helps the sago to go down.

Sago is obtained from the trunk of the sago palm tree near its base. Processing sago involves cutting the trunk in half, scraping the insides and pounding the shavings while water is being passed through. The water and pulp mixture is then left to stand. The deposit is later dried and processed as sago flour.

Sago Grub

In Papua, sago is an important part of life, for example for the Korowai and Kombai people. The Korowai and Kombai peoples are hunter-gatherers and horticulturalists living in the swampy forests in southeast of Yahukimo in Papua Province. They live off sago, vegetables and wild game. The Korowai and Kombai people have become renowned to the outside world primarily for their high tree house dwellings.

Once in a lifetime a Korowai clan must organize a sago grub festival in order to stimulate prosperity and fertility in a ritual fashion. Taking months to prepare, the Sago Grub Feast is an important event that brings together different clans.

Sago grub is a rich source of protein and in some tribes new mothers eat the grub to give them an energy boost and speed up post natal recovery.





Luscious Tropical Fruits

Luscious tropical fruit is found in abundance in Indonesia. Traditional markets, supermarkets and even *warungs* sell them. They are either eaten fresh, made into desserts, such as *es buah* (fruit cocktail), into snacks, such as *rujak* (sliced fruit with sweet or spicy palm sugar dressing), fried like *pisang goreng* (fried banana), made into sweet and sour *manisan* (preserves) or processed into *kripik* (crispy chips of jackfruit or banana). Some of these exotic fruits are mango-steen (*manggis*), the hairy rambutan, jackfruit, and thorny durian.



Thirst Quenchers

The most common and popular Indonesian drink and beverage is *teh* (tea), usually served sweet, and *kopi* (coffee), commonly *kopi tubruk* (coffee mixed with sugar and hot water and taken without separating coffee residue).

Coffee, tea and sugar plantations, especially in Java, have been around since the colonial era of Dutch East Indies (VOC). The jasmine black tea is the most popular tea variant in Indonesia, however recent health awareness promotion has elevated the green tea as a popular choice. Usually coffee and tea are served hot, but cold iced sweet tea is also favored.

Kopi susu (coffee with sweetened with canned condensed milk) is the local version of *café au lait*. Now, certain blends have acquired a name both in the country and abroad, such as *kopi Aceh*, *kopi tugu luwak*, and *kopi Toraja*.



Wedang ronde, a warm ginger infused beverage

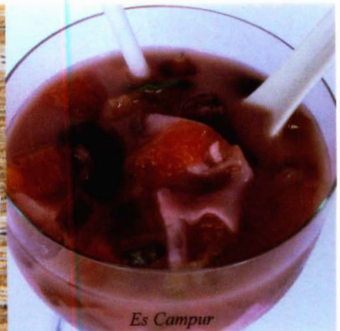


Considering the tropical heat, fruit drinks are very popular. There are the fruit juices (*jus*), which are thickened with condensed milk and taste more like smoothies. The most popular fruit juices are guava (*jus jambu*), mango (*jus mangga*), soursop (*jus sirsak*) and avocado (*jus alpokat*). Another type is the iced variety, in which the fruit extracts are added with water and ice cubes.

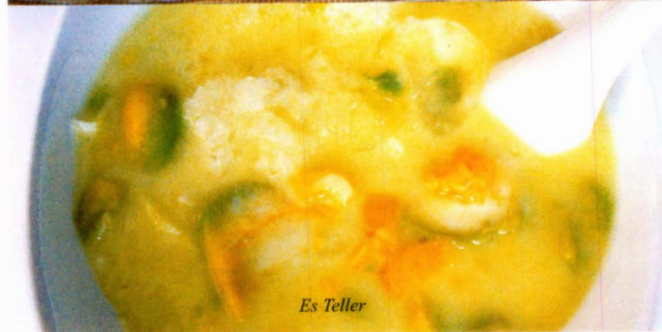
Other popular iced drinks are *es kelapa muda* (young coconut), *es cincau* (grass jelly), *es cendol* or *es dawet*, *es kacang merah* (red beans), *es blewah* (honeydew) and *es rumput laut* (seaweed). Some coolers are more a dessert or snack than a drink for you can drink and eat them all at once. These drinks have a variety of goodies all thrown in together, such as chopped fruits, jellies, then topped



Es Lilin



Es Campur



Es Teller



Es Kelapa Muda

with crushed ice and drizzled with milk and syrup. Try *es teler*, *es campur*, *es doger* and *es buah*. There is also a type of ice cream that uses coconut milk instead of milk, known as *es puter* and *es potong*. Certain regions have their specialties, such as *es pisang ijo* and *es pallubutung* (rice sweet porridge with banana slices) from Makassar, South Sulawesi, *es mentimun* (iced cucumber) from Aceh and *es lidah buaya* (aloe vera) from Pontianak.

In the cooler regions, local creations have introduced hot and sweet ginger-infused beverages. Bajigur and bandrek are a specialty of West Java. Both are coconut-milk-based and flavored with *gula Jawa* (palm sugar) and spices. *Sekoteng* is a ginger-flavored hot drink with milk, peanuts, small bread, and *pacar cina* (tapioca cake) can be found in Jakarta and West Java. *Wedang jahe* (hot ginger drink) and *wedang ronde* (hot drink



with sticky rice flour balls) are particularly popular in Yogyakarta, Central Java, and East Java.

As most of the country's population is Muslim, alcoholic beverages are prohibited. However, some parts of Indonesia have also had a native alcoholic beverage, such as the *arak* and *tuak* (palm wine) among the Bataks in North Sumatra where majority of them are Christians. A traditional Batak Bar serving *tuak* is called *lapo tuak*. In Solo, Central Java, there's *ciu*, a local adaptation of Chinese wine. In Bali, there's the *brem Bali* or Balinese rice wine.



Brem, Balinese rice wine



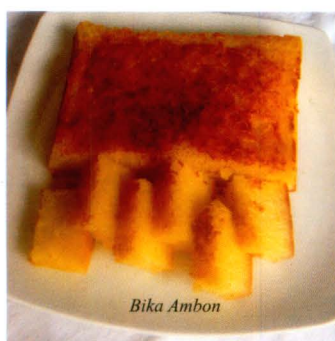
Tasty Titbits

Indonesians call their snacks *kue* which can either be savory or sweet, topped with grated coconut, drizzled with thick palm sugar or drowned in coconut milk sweetened with palm sugar.

Various types of flour made from sago (*tepung sagu*), tapioca, rice (*tepung beras*) and mung pea (*tepung hoen kwe*) are used to make cakes and deserts. They make inexpensive and delicious traditional Indonesian goodies called *jajanan pasar* (market snacks), such as *kue pepe*, *kue ku*,



Jajanan Pasar
Clockwise from left: Klepon, Apem, Pepesan,
Pasung, Ongol-ongol, Kue mangkok



Bika Ambon



Jenang



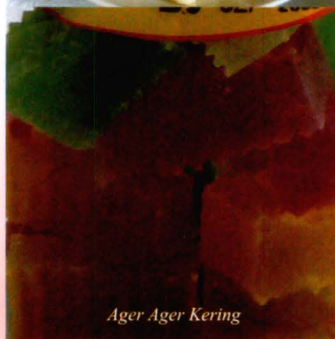
Kue Pepe



Lanang



Pisang Ijo



Ager Ager Kering



Bolu Kukus



Getuk Goreng

kue apem, bugis, onde-onde, klepon, kue putu, kue lapis, ongol-ongol, kue pancong, and serabi.

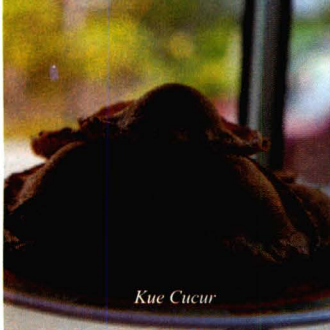
Of course rice or sticky rice are made into snacks, such as *lemper, arem-arem, wajik, lupis, kerak telur*, as well as grated cassava to make *combro, misro, getuk* and *kerak telur*.

Bananas, found in abundance throughout Indonesia are also widely used to make *kue*, from the simple deep-fried bananas dipped in batter (*pisang goreng*) to the more complex *nagasari* (steamed banana cakes wrapped in banana leaf).





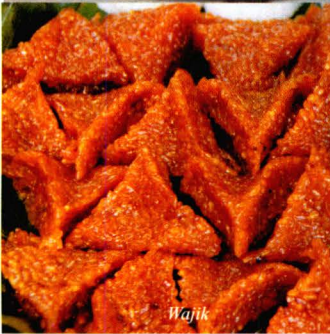
Lumpia Semarang



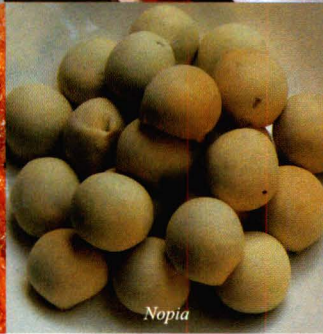
Kue Cucur



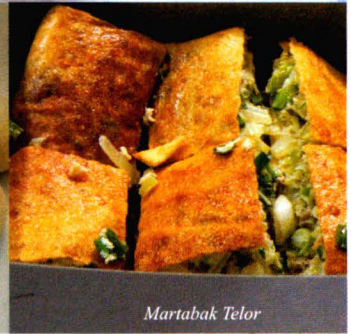
Jajanan Pasar



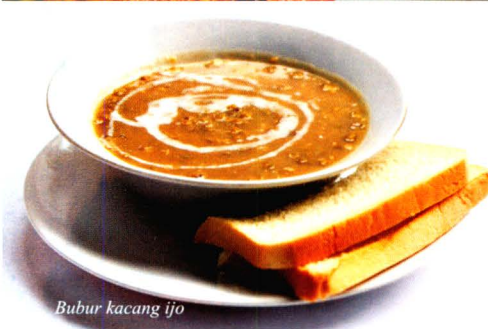
Wajik



Nopia



Martabak Telor



Bubur kacang ijo



Bubur ketan item

Several varieties of snacks were introduced by the Europeans or Chinese, such as *risoles*, *pastel*, *soes*, *lumpia*, *bakpia*, and *siomay*.

Some snacks are too filling to be called a snack and are really a meal in their

own right and eaten for breakfast or as dessert. These are usually rice-based and may be either savory or sweet, such as *bubur sumsum*, *bubur kacang ijo*, *bubur candil*, *bubur ketan item*, *jongkong* and *kolak* which is fruit stew in coconut milk.



Es Campur

(Mixed Ice)

Diced ripe papaya
Diced avocado
Diced pineapple
Agar-agar jelly cubes
Diced fermented cassava or *tape* (optional)
Kolang kaling or palm fruit, halved
Condensed milk
Sugar syrup
crushed ice

Combine all ingredients except ice and mix well. Add ice before serving.

Pisang Goreng

(Banana Fritters)

6 ripe bananas, peeled
1 tablespoon white sugar
1 tablespoon flour
pinch of vanilla powder
pinch of salt
oil for deep frying

Mash bananas finely and mix with sugar and sifted flour. Heat oil in a wok and fry by spoonfuls until golden.

INDONESIA



Nasi Kebuli

(Chicken Rice with Pineapple) - North Sumatra

- 2 tablespoons butter or oil
- 500 g boneless chicken, cut in cubes
- 3 cups chicken stock
- 1 teaspoon salt
- 2 cups long-grain rice, washed and drained
- small pineapple, peeled and sliced and cut in small pieces

Seasoning

- 13 shallots, peeled and finely chopped
- 7 cloves garlic, peeled and finely chopped
- 2.5 cm ginger, peeled and chopped
- 1 teaspoon coriander
- teaspoon white peppercorns
- teaspoon cumin
- pinch of grated nutmeg
- 8 cm cinnamon stick
- 4 cardamom pods, bruised
- 2 cloves
- 1 lemon grass, bruised

Heat butter or oil in wok, add all ingredients and saute for 2-3 minutes. Add chicken and saute over high heat until meat is firm. Add chicken stock and salt, let simmer until chicken is tender. Strain stock and keep aside. Cook rice with 2 cups of stock and bring to the boil. Cover pan and simmer until the rice is almost cooked and the liquid absorbed. Add the cubed chicken and cook over low heat until rice is thoroughly cooked. Garnish with fried shallots and pineapple.

SUMATRA



Bika Ambon

Bika Ambon Medan - North Sumatra

15 gr instant yeast
20 gr sugar
15 gr flour
75 ml water
15 citrus leaves
350 ml coconut milk
a pinch of salt
300 gr sugar
8 yolk
200 gr tapioca flour
1/2 tsp vanillie

Mix instant yeast, sugar, flour and water well, and leave it for 25 minutes. Bring together citrus leaves, coconut milk and a pinch of salt in a pan and let it boil. Set aside. Beat the yolk and sugar in a bowl, until smooth, then add the tapioca flour, stir it gently. Add the vanilla and the coconut milk mixture. Take out the leaves, then leave it for about 2-3 hours. Heat up the oven, put the bake form inside. When the form is warm, brush first with some vegetable oil, then pour in the cake mix. Bake for a good 20 minutes leaving the oven door open

SUMATRA



Gado-gado

(Vegetable Salad with Peanut Sauce) - Jakarta

- 100 g long beans, cut into 3 cm and blanched
- 1 cup beansprouts, blanched
- 100 g spinach, blanched
- cabbage, chopped and blanched
- 4 squares beancurd, deep fried and sliced
- 4 hard-boiled eggs, cut in wedges
- fried shallots for garnish

Peanut Sauce

- 500 g deep-fried peanuts
- 4 cloves garlic, peeled
- 10 bird's-eye chillies, sliced
- 8 cm kencur, peeled and chopped
- 3 kaffir lime leaves
- sweet soy sauce
- 2 teaspoons salt
- water
- 3 tablespoons fried shallots
- 1 tablespoon lime juice

To make peanut sauce, blend peanuts, garlic, chillies and *kencur* until smooth. Add water while stirring constantly to dissolve lumps until mixture is a thick consistency. Stir in lime juice and fried shallots. Arrange vegetables on a plate and pour over sauce. Garnish with beancurd, eggs and fried shallots.

JAKARTA



Sate Madura

(Lamb/Goat Meat Satay) - Madura

1 kg lamb/goat leg, cut into 2 cm cubes

Combine:

cup sweet soy sauce

teaspoon coriander, crushed

teaspoon white peppercorns, crushed

1 tablespoon lime or lemon juice

4 shallots, peeled and sliced

Thread lamb cubes into satay skewers and dip into sauce. Grill over hot charcoal. Combine remaining sauce with shallots for dipping sauce.

EAST JAVA



Sate Lilit Bebek

(Minced Duck Satay) - Bali

- 600 g duck or chicken meat, minced
- 2 cups freshly grated coconut
- 5 kaffir lime leaves, finely shredded
- 1 teaspoons black peppercorns, crushed
- 1 teaspoon salt
- 3-5 bird's-eye chillies, finely chopped
- 2 tablespoons chopped palm sugar
- lemon grass or satay skewers

Spice Paste

- 12 shallots, peeled and sliced
- 6 cloves garlic, peeled and sliced
- 3 red chillies, sliced
- 2.5 cm galangal (*laos*), peeled and sliced
- 2.5 cm *kencur*, peeled and sliced
- 5 cm fresh turmeric, peeled and sliced
- 2 teaspoons coriander
- teaspoon black peppercorns
- 3 candlenuts
- 1 teaspoon dried shrimp paste
- 2 cloves
- 2 tablespoons oil

Grind or blend all spice paste ingredients except oil. Heat oil and saute spice paste for about 5 minutes. Cool then combine with duck and rest of ingredients except lemon grass. Mould 2 spoonfuls on lemon grass or skewers. Grill over hot charcoal until cooked and golden brown.

BALI



Pelecing Kangkung

(Water Convolvulus with Spicy Sauce) - Lombok

- 500 g water convolvulus, steamed
- 1 tomato, blackened over grill and peeled
- 6 bird's-eye chillies, sliced
- teaspoon dried shrimp paste, toasted
- 1 teaspoon salt
- 1 teaspoon lime juice
- 2 tablespoons warm water
- 1 cup freshly grated coconut
- 1 clove garlic
- 1 kaffir lime leaf, finely shredded
- 1 teaspoon chopped palm sugar
- 2 tablespoons fried peanuts

Cut steamed vegetables into 5 cm lengths. Grind together tomato, chillies, shrimp paste and salt, then mix with lime juice and water. Set aside. Grind the coconut, garlic, lime leaf and palm sugar together until fine. Toss the vegetable with the tomato mixture. Sprinkle with coconut mixture and peanuts before serving.

NUSA TENGGARA



Soto Banjar

(Chicken Soup) - South Kalimantan

- 1 whole chicken breasts
- 1 liters chicken broth
- 5 cm cinnamon stick
- 3-4 cardamom
- 4-6 cloves
- 3-4 star annise
- 4 boiled potatoes, cut into wedges
- 3 hard boiled eggs, cut into wedges
- 100 g vermicelli, soak until soft
- finely chopped celery
- fried shallots
- 1 lime, thinly slice
- Ketupat, rice cakes, cubed
- Potatoe fritters

Grind into a paste:

- 10 peeled shallots
- 5 peeled garlic
- Salt, pepper to taste

Boil chicken in water to make 1 liters chicken broth, add cardamom seeds, cloves, star anise. Remove chicken when tender and let it cool before shredding into slivers. Discard bones. Fry paste then add to simmering broth and season to taste. Remove from heat then strain.

To assemble, prepare bowl. Layer with a handful of vermicelli, potatoe and egg wedges. Ladle piping hot broth into bowl. Sprinkle with celery, and fried shallots. Serve with potatoe fritters and cubes of rice cakes.

KALIMANTAN



Konro Makassar

(Spicy Spare Rib Soup) - South Sulawesi

- 1 kg beef spare ribs, cut in 5 cm lengths
- 4 liters water
- 4 shallots, peeled and sliced
- 2 cloves garlic, peeled and sliced
- 3 candlenuts
- 3 cups grated or desiccated coconut, fried until golden then pounded
- 5 lemon grass, bruise and tied
- 2cm galangal, peeled and sliced
- 3 kaffir lime leaves
- teaspoon white peppercorns, crushed
- 1 teaspoon salt
- 1 tablespoon fried shallots, for garnish
- 2 tablespoons sliced Chinese celery leaves, for garnish

Put beef ribs in water and let simmer uncovered until tender. Blend shallots, garlic, candlenuts and add to pounded coconut. Add to the stock with rest of ingredients. Simmer until the meat is very tender. Garnish with fried shallots and celery leaves.

SULAWESI





Klappertaart

(Young Coconut Pudding) - North Sulawesi

5 egg yolks
150 gr sugar
50 gr plain flour
25 gr tapioca flour
1 teaspoon rum essence
1 teaspoon melted margarine
100 ml coconut juice
200 ml fresh milk
sliced meat of 2 young coconuts

Topping:

3 egg whites
50 gr sugar
25 gr almond slivers
50 gr raisins, soaked
cinnamon powder

Preheat oven to 175 Celcius. Beat egg yolks together with sugar until fluffy, add rum essence, plain flour and tapioca flour. Stir until mixture is smooth. Add melted margarine, coconut juice. Stir well. Set aside. Beat egg whites until stiff peaks are formed. Set aside. Grease a 22 cm oval oven-proof dish. Arrange young coconut meat on bottom of dish then pour in mixture. Bake au bain marie for 15 minutes. Take out pudding, spread egg white on top, sprinkle with raisins, almonds and cinnamon powder. Return to oven and bake for a further 30 minutes until top is lightly golden in color. Cool then keep in refrigerator. Serve cold.

SULAWESI





Ikan Bakar Colo Colo

(Grilled Fish with Tomato Sambal) - Maluku

- 1 whole fish approximately 1 kg, cleaned
- 1 tablespoon lime juice
- teaspoon salt
- 2 tablespoons oil
- large piece of banana leaf or aluminium foil to wrap fish

Colo Colo Sambal

- 3 tablespoon lime or lemon juice
- 2 tomatoes, cut in half and sliced
- 5 red chillies, seeded and sliced
- 4 shallots, peeled and slice
- 4 tablespoons, light soy sauce
- 4 sprigs basil, chopped

Season fish with salt and lime juice, then brush with oil. Wrap fish into banana leaf and place parcel directly on charcoal or under a grill. Cook until banana leaves are evenly browned and fish is done.

To make the Colo Colo Sambal, combine all ingredients and mix well. Serve over grilled fish or as relish.

MALUKU



Kuah Asam

(Tangy Fish Soup) - Maluku, Papua

- 2 fish, 1 lime
- 2 tablespoon oil
- 4 bunches of basil (pick leaves)
- 4 shallots
- 2 garlic
- 3 candlenuts
- 50 gr almonds (optional)
- 2 red chilies
- 5 whole bird's-eye chilies
- 1 red tomato (divide into 4)
- 2 cm ginger, peel
- 2 cm turmeric, peel
- 1 lemongrass (bruise)
- 2 bay leaves
- 1 tablespoon sugar
- 1 tablespoon salt (to taste)

Clean fish and cut into four pieces. Rub with salt and lime juice. Set aside. Grind shallots, garlic, turmeric, ginger, candlenuts and red chilies. Fry until oil seeps out of paste. Add bay leaves, lemon grass and tomato. Add 700 cc of water and bring to the boil. Add fish, bird's-eye chilies and season with salt, sugar. Cook further on high heat for a few minutes then lower heat to cook fish. Garnish with basil and lime juice before removing from heat. Serve as an accompaniment to *papeda*.

PAPUA





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